



# Mental Game Exercise Worksheets

*Pétanque Academy - Elite Player Development*

*carreau.app*



# Mental Game Exercise Worksheets

**Pétanque Academy - Practical Exercises**

# Exercise 1: Flow State Reflection

## When Have You Experienced Flow?

Think of a time when you played your best pétanque:

### Describe the situation:

- What tournament/game was it?
- What were the conditions?
- Who were you playing with?

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### How did it feel?

- What was your mental state?
- How did time feel?
- What were you thinking (or not thinking)?

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### What helped you get there?

- What did you do before the game?
- What was different about that day?
- Can you recreate any of those conditions?

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## Exercise 2: Inner Critic Inventory

### Identify Your Inner Critic

#### What does your Inner Critic say?

List 3-5 common critical thoughts you have during competition:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### When does it appear?

- After mistakes? ■
- Before important shots? ■
- When playing against strong opponents? ■
- When teammates are watching? ■
- Other: \_\_\_\_\_

## Exercise 3: Reframing Practice

### Transform Critic to Coach

#### For each Inner Critic thought, write an Inner Coach reframe:

Inner Critic	Inner Coach
Example: "I always mess up under pressure"	"I've succeeded under pressure before, I can do it again"
1. _____	_____
2. _____	_____
3. _____	_____

**Practice saying these out loud**

## Exercise 4: Pre-Shot Routine Design

### Create Your Personal Routine

Design a 4-step pre-shot routine that works for you:

#### Step 1: Visualize

- What exactly will you visualize?
- How long (2-3 seconds)?

\_\_\_\_\_

#### Step 2: Breathe

- One deep breath or three?
- Any specific pattern?

\_\_\_\_\_

#### Step 3: Anchor

- What physical anchor will you use?

- Touch boule? Specific stance?
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#### Step 4: Execute

- What's your mental cue?
  - "Trust" / "Flow" / "Go"?
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Practice this routine 10 times today

## Exercise 5: Pressure Triggers

### Identify Your Pressure Points

What situations create pressure for you?

Rate each from 1 (no pressure) to 10 (extreme pressure):

- Playing against strong opponents: \_\_\_/10
- Important tournament games: \_\_\_/10
- Tied score, final shot: \_\_\_/10
- After making a mistake: \_\_\_/10
- When teammates are watching: \_\_\_/10
- When I'm playing poorly: \_\_\_/10
- Other: \_\_\_\_\_ /10

For your highest-rated trigger:

What physical sensations do you notice?

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What thoughts appear?

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Which technique will you use?

- 3-Breath Reset
- Pre-shot routine
- Reframing
- Other: \_\_\_\_\_

## Exercise 6: Mode Switching Practice

### Planning vs Execution

#### Practice the switch:

#### Planning Phase (Before shot):

- What do I need to analyze?
- What's my strategy?
- What shot will I choose?

#### Execution Phase (During shot):

- Clear your mind
- Trust your body
- Let it happen

#### Practice Exercise:

Take 5 practice shots. For each:

1. Spend 10 seconds in planning mode (analyze, decide)

2. Take 3 breaths to switch modes
3. Execute in flow mode (no thinking)

### Reflection:

- Could you feel the difference between modes?
- Was the switch clear?
- Which mode is harder for you?

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## Exercise 7: Weekly Practice Plan

### This Week's Focus

#### Choose ONE technique to practice:

- 3-Breath Reset after every mistake
- Pre-shot routine on every throw
- Reframe one Inner Critic thought per session
- Practice mode switching

#### Daily Practice:

Day	Practice Activity	Duration	Notes
Mon	_____	___min	_____
Tue	_____	___min	_____
Wed	_____	___min	_____
Thu	_____	___min	_____
Fri	_____	___min	_____
Sat	_____	___min	_____
Sun	_____	___min	_____

## Exercise 8: Progress Tracking

### End of Week Reflection

What did you practice this week?

\_\_\_\_\_

What did you notice?

\_\_\_\_\_

\_\_\_\_\_

What worked well?

\_\_\_\_\_

\_\_\_\_\_

What was challenging?

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**What will you continue next week?**

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**What will you adjust?**

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## Next Steps

### Continue Your Development

**Resources at [carreau.app](https://carreau.app):**

- Goal Template - Structure your long-term development
- Diary Template - Track daily progress
- The Zone - Deep dive into flow states
- Mental Strength - Advanced pressure management

**Keep practicing:**

- Mental skills need consistent training
- Start small, build gradually
- Track your progress
- Celebrate improvements

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